

Healthy Recipe Substitutions

I N S T E A D O F ...	T R Y ...
An egg	<ul style="list-style-type: none"> <input type="radio"/> Two egg whites <input type="radio"/> 1 tbsp ground flax seed + 3 tbsp water <input type="radio"/> ¼ cup egg substitute
All-purpose flour	<ul style="list-style-type: none"> <input type="radio"/> Half whole wheat flour, half all-purpose flour <input type="radio"/> Whole wheat pastry flour (1:1 ratio)
Sugar	<ul style="list-style-type: none"> <input type="radio"/> Splenda® Granular (1:1 ratio) <input type="radio"/> Splenda® Baking (½:1 ratio)
Brown sugar	<ul style="list-style-type: none"> <input type="radio"/> Splenda® Brown Sugar (½:1 ratio)
Oil, butter, margarine	<ul style="list-style-type: none"> <input type="radio"/> 1 tbsp ground flax seed + 3 tbsp water (3:1 ratio) <input type="radio"/> Unsweetened applesauce (1:1 ratio) <input type="radio"/> Plain nonfat yogurt (1:1 ratio) <input type="radio"/> Canned pumpkin (1:1 ratio) <input type="radio"/> Decreasing fat amount by half and replace with fruit puree or yogurt <input type="radio"/> Using only ½ fat amount in recipe
Evaporated whole milk	<ul style="list-style-type: none"> <input type="radio"/> Evaporated skim milk
Sour cream	<ul style="list-style-type: none"> <input type="radio"/> Nonfat sour cream <input type="radio"/> Light sour cream <input type="radio"/> Greek-style plain yogurt
Regular cheese	<ul style="list-style-type: none"> <input type="radio"/> Fat-free cheese <input type="radio"/> Light or 2 percent cheese
Chocolate chips	<ul style="list-style-type: none"> <input type="radio"/> ½ amount of mini chocolate chips
Bacon/sausage	<ul style="list-style-type: none"> <input type="radio"/> Turkey bacon <input type="radio"/> Turkey sausage <input type="radio"/> Canadian bacon <input type="radio"/> Soy sausage crumbles or patties
Mayonnaise or salad dressing	<ul style="list-style-type: none"> <input type="radio"/> Light or nonfat versions

Healthy Recipe Substitutions

I N S T E A D O F ...	T R Y ...
Heavy cream	<input type="radio"/> Equal parts half and half and fat-free evaporated milk
Cream cheese	<input type="radio"/> Nonfat cream cheese <input type="radio"/> Laughing Cow® Light Cheese Wedges <input type="radio"/> Light cream cheese
Bread crumbs	<input type="radio"/> Ground high-fiber cereal (Fiber One®) <input type="radio"/> Ground high-fiber crackers <input type="radio"/> Ground whole grain breads
Ground beef	<input type="radio"/> Ground turkey breast <input type="radio"/> Meatless soy crumbles
Whole milk	<input type="radio"/> 1 percent milk <input type="radio"/> Skim milk <input type="radio"/> Light almond milk <input type="radio"/> Light soy milk
Peanut butter	<input type="radio"/> PB2® <input type="radio"/> Better Than Peanut Butter <input type="radio"/> Natural peanut butter
Powdered sugar (for dusting)	<input type="radio"/> 1 cup Splenda® + 1 tbsp cornstarch. Blend in blender for 1 minute, scraping as needed.
Salt (for seasoning)	<input type="radio"/> Mrs. Dash® <input type="radio"/> Fresh herbs <input type="radio"/> Dried herbs